

# The 7 Habits of Highly Effective Families

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<b>Habit 1   Be Proactive®</b> Identify any reactive behaviors your family wants to stop doing.	<b>Habit 2   Begin With the End in Mind®</b> Choose a quote that represents what's most important to your family.	<b>Habit 3   Put First Things First®</b> Family time is a Big Rock! Have a family date night. What activity best fits your family?	<b>Habit 4   Think Win-Win®</b> Talk about how you show courage as a family.	<b>Habit 5   Seek First to Understand, Then to Be Understood®</b> Write about three things you do as a family to show respect to one another.
<b>Habit 6   Synergize®</b> Pick a date this month to synergize as a family with a "family meeting." Complete a Plus/Delta Chart to identify what is going well for your family and what you could change.	<b>Habit 7   Sharpen the Saw®</b> Share a family meal together. Take a family selfie and record the date of the meal.	<b>Habit 1   Be Proactive</b> Identify any proactive behaviors you want to start or continue doing.	<b>Habit 2   Begin With the End in Mind</b> Write a goal that you want to achieve as a family in the next month.	<b>Habit 3   Put First Things First</b> Write to tell about your family's three biggest priorities for the next week.
<b>Habit 2   Begin With the End in Mind</b> Discuss what your family wants to be celebrating at the end of this school year.	<b>Habit 5   Seek First to Understand, Then to Be Understood</b> What closes the door for understanding in your family? Criticizing, talking about yourself, and giving advice are door slammers. What can you do to open the door to listening for understanding?	<b>Student Name</b> _____	<b>Habit 6   Synergize</b> Identify and record two or three strengths for each member of your family.	<b>Habit 7   Sharpen the Saw</b> Exercise together as a family. How do you like to stay healthy and active?
<b>Habit 7   Sharpen the Saw</b> Write about your favorite family traditions or create a new family tradition.	<b>Habit 1   Be Proactive</b> Identify any reactive language your family wants to stop using.	<b>Habit 2   Begin With the End in Mind</b> Discuss and write about what you want your family to stand for.	<b>Habit 3   Put First Things First</b> Make a "perpetual calendar" for your family. What important dates does your family commit to each week? month? year?	<b>Habit 4   Think Win-Win</b> Talk about how you show consideration as a family. Write about it.
<b>Habit 3   Put First Things First</b> Schedule one-on-one family time. Use the prompt below to write about that time: My time with _____ was special because _____.	<b>Habit 6   Synergize</b> Work together to complete a community service project. Write to tell about how you used Habit 6.	<b>Habit 5   Seek First to Understand, Then to Be Understood</b> Try using Habit 5 to fill in the blanks: An eight-year old says to his parent, "I hate my teacher." Parent's response: You seem to feel _____[feeling] about _____[subject].	<b>Habit 7   Sharpen the Saw</b> Try learning something new together. What did you learn?	<b>Habit 4   Think Win-Win</b> Make an Emotional Bank Account deposit by doing something kind for an extended family member, neighbor, or friend.

